

## DEC IN DEPTH

This joyous and lyrical report from a DOLPHIN ENERGY CLUB (DEC) recipient, plus feedback from two of those sending healing energy, provides special insight into the DEC process. If you've wondered how DEC can work to benefit you or others, here is an excellent example of the possibilities.

Deborah called in July to ask for help with several related issues of five years duration. She described severe panic attacks, with ochlophobia (fear of crowds) and a public-speaking block. These difficulties required medication and were exacerbated by harassment on the job. Deborah says she felt changes on the first day that DEC energy was directed to her.

She writes: "My dolphin experience was a lot like open-heart surgery. I felt peaceful and supported throughout my experience... the first day. [However,] the next three days were hell and the peacefulness elusive. I went through a period of total self-loathing, plummeted into emotional despair, and stumbled through one of the darkest nights of my soul, pure existential angst... It was as if the brakes of my life were on and smoking, slowing me down enough to pay attention to what was really troubling me. It became obvious that I could no longer put off loving myself.

"The holograms of my former selves, values, and behaviors were consistent with my mistaken belief systems. Through my involvement with DEC and my sincere desire for transformation, I now know that those beliefs were simply attempts to be loved, [to be] cherished, and to feel precious to someone or something.

"Feeling no need to postpone my emergence, this 'Daring Deborah' is now on the most exciting inner journey. Past the veils of fear, I have found my heart forever pure. It is truly liberating to take total responsibility for my own creations and to lessen my dependence on externals as the sole barometer of my self-worth.

"It's funny when I look back my naivete [about] the art of healing. I didn't consider the process of what it takes to heal. I thought I'd just join this DEC club and by the end of two weeks, zap! I'd be completely healed. The process for me was this: first there was the wound, a perceived injury. Then there was the mending, the transformation. Then comes the healing part—over and over again!"

Deborah discovered a beautiful metaphor for her experience: “I have a dictionary of sacred objects and symbols. I looked up dolphins and at one time they were shown on funeral urns to represent the soul passing to another world. The dolphins were assistants.”

Of her outer behavior and mental/emotional state, Deborah reports: “My family and friends see me as more confident in myself. My therapist told me I was ‘glowing’ and that my progress is accelerating. My panic attacks have decreased, and I’m now feeling calmer.”

During this upheaval and rebalancing, the senders’ perceptions paralleled Deborah’s responses. One received impressions of emotional depression and darkness in some areas of the brain on the mental body map. This individual also thought the recipient had been in an accident requiring *extended recuperation* [our italics] and states “DEC appeared to balance the [body] maps.” Another “saw” all three body maps molding to the subject’s shape and felt able to direct energy toward her successfully. This person “concentrated on envisioning healthy, vibrant body maps.”

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